



Photos by Pfc. Crystal Bradley

**Sergeant David Strohacker, HHT, 3/7 Cav., 2nd BCT, holds on as Master William Guy, master in several forms of martial arts and professional combatives instructor, explains to on-looking Soldiers how to escape the hold during a three-day combatives course at Caro Gym, Feb. 24.**

## Spartan Soldiers advance their combative skills

**Pfc. Crystal M. Bradley**  
2nd BCT Public Affairs

A Soldier and a plain-clothed civilian man stand, facing each other with their hands up, knees slightly bent, and each watching the other's every move.

The Soldier strikes out, lunging toward his opponent's throat to secure a choke hold, but the Soldier is quickly side-stepped by his opponent and finds himself in a tight hold.

The man releases the Soldier, then turns to an audience of on-looking Soldiers and explains how he was able to successfully stop and reverse the opposing Soldier's attack.

Master William Guy, master in several forms of martial arts including Hapkido and Taekwondo, came to Fort Stewart, Feb. 23 – 25 to teach and train the 3rd Squadron, 7th Cavalry Regiment, 2nd Brigade Combat Team, 3rd Infantry Division Soldiers a more "in-depth" aspect of combatives at Caro Gym.

Guy's training partner, Brad Fowler, also a professional combatives instructor, assisted him with training and teaching the Soldiers as well.

During combatives training, Soldiers usually battle at ground level, sometimes wrestling on the knees but rarely ever going to the standing position to fight.

Guy, however, instructed the Soldiers from the standing position, showing Soldiers the importance of not just being able to defend yourself while tussling on the ground but of understanding how balance and the body's movements could be key factors during a battle.

The master instructor said that one thing his experience in martial arts taught him was that understanding the human anatomy could really play an important role in defending one's self.

Guy has been practicing martial arts since 1974, and he said that he and his wife have owned a martial arts school since 1983.

"I'm teaching the Soldiers how to use their body as well as their mind," Guy said. "Once they understand how and why the body itself moves the way it does in contact, then it will be easier for them to predict and prevent their opponents attack."

Fowler added that though military combatives has no set martial arts style, the arts still appear from time to time.

"You see Hapkido and even some Taekwondo during Army combatives," said Fowler. "They show their faces every once in a while, so instead of trying to teach the Soldiers one specific type of martial arts, we train and instruct them in understanding the

body, just like in martial arts teachings."

Guy said that 3/7 Cav. Commander, Lt. Col. Clark Lindner was one of his students years ago.

"The colonel learned some of the same strategies I'm teaching the Soldiers today back in Omaha when I trained him," Guy said.

Lindner, who was in attendance for a great deal of the training, helped to instruct the Soldiers.

"Master Guy and I met by accident when I was stationed in Omaha," Linder said. "I studied with him for about two and a half years. He's been to several military installations to teach his techniques but this is his first time at Fort Stewart."

Lindner said that while some instructors in martial arts are just in it for the money, Guy is serious about his teachings as well as passing on his knowledge to servicemembers.

"Guy is a retired (chief warrant officer 3)," Lidner said. "He has a son-in-law in the Army, and his daughter also serves in the Reserves, so training Soldiers is something he's really about."

The lieutenant colonel said the Army's combatives program is undoubtedly great, but that it focuses mostly on ground fighting.

"I think that being able to avoid getting tangled with your opponent or falling to the ground while wearing 65 pounds of gear is better than being able to wrestle your opponent," Lindner said. "These instructors are training my whole squadron in three days to understand their oppositions' movements and body mechanics; this is something they can use anywhere, anytime."

Lindner said that it felt good watching his old instructor pass some of the same training that he once received down to his Soldiers.

"It's been a great experience," he said. "To me, this is just a great example of the Warrior Ethos, and it is personally rewarding to see my instructor, after all these years, training my Soldiers, just as he did me."

Captain Andrew Brown, Headquarters and Headquarters Troop, 3/7 Cav., said the Soldiers definitely enjoyed the instructors' new spin on combatives.

"We've been doing combatives for a couple of



**Brad Fowler, combatives instructor, battles with Sgt. Maj. Marcus Campbell, 3/7 Cav., 2nd BCT, during the three-day combatives course, Feb. 24 at Caro Gym.**

weeks now, in the mornings so the Soldiers thought this (training) was going to be similar to that," said Brown. "When they saw that we would be standing while we fight, they were excited."

Brown said the instructors were very informative and the Soldiers truly enjoyed the training.

"Just listening to him talk about how important footwork is in a fight let me know that the instructor was really taking it back to the basics," Brown said. "He also touched on how important understanding balance is."

"The whole experience has really been incredible, and I know the Soldiers definitely got a lot out of it," he added.



## NASCAR supports Aviation Soldiers

Photos by Telli Cronin

**A member of Jimmie Johnson's Pit Crew places a replica of Company A's, 4th Battalion, 3rd Aviation Regiment unit crest onto the racer's pit tool box at the Daytona 500 NASCAR Race, Feb. 15. Sergeant Shawn Kirby, Sgt. Jason Struckman and Spc. Matt Hendrickson, Soldiers with Co. A, 4/3 Avn., gave the crew their unit's sticker upon attending the race. Inset: Co. A's, 4/3 Avn. unit crest.**



# Stewart-Hunter Soldiers to tee off with future stars

**Bob Mathews**  
MWR Marketing Publicity Specialist

Golfers from the Fort Stewart and Hunter Army Airfield areas have an opportunity, March 12, to play a round of golf with a player who just might be a future PGA Tour star.

But there's more.

The Geico-Ohio Wesleyan College Am also presents the opportunity for Soldiers, Family Members, retirees and other guest players to interact with young persons who likely have never set foot on a military installation before.

Sharing pride of service and the golfing experience with a top college player provides "a lot of memorable experiences on both sides," said Tommie McArthur, PGA professional who manages the Hunter and Stewart golf courses. "These guys just 'ooh' and 'ahh' about it."

Hunter is the site for the 10th Annual Geico Collegiate Golf Tournament, featuring teams from schools such as Harvard, Yale, Armstrong State,

Savannah State and Lehigh University. The 54-hole tournament will begin the day after the College Am, and golf fans are invited to visit Hunter both days to watch the 104 golfers from 15 colleges and universities in action.

The College Am is scheduled for a 12:30 p.m. shotgun start March 12. The price is \$50 per player, or \$200 for a four-person team, and includes tournament fee, golf car and driving range. Call 315-9115 to register or for more information. The registration deadline is March 10.

In the College-Am, a four-person scramble team will be paired with a collegiate player. The collegiate player will play his own ball and the score of the scramble team added to the collegiate player will establish a team score.

McArthur said he will do everything possible to match up College Am guest players with the school they request, provided they make reservations early.

Ohio Wesleyan University is the host school for the event this year. Other schools fielding teams are the University of South Carolina at Beaufort,

Wittenberg University, Wheaton College, Ohio Valley University, Harvard University, Lehigh University, Creighton University, Yale University, Southern Illinois University, Appalachian State University, Savannah State University, Seton Hall University, Savannah College of Art and Design, and West Liberty State College.

The golf tournament to be played at Hunter March 13-14 began in 1999 with University of Michigan as host school, McArthur said. Sponsors since that time have included Armstrong State in Savannah.

McArthur called the tournament, "a great opportunity for the northern schools to come down to the south to kick off their spring golf season."

He said they love the Hunter course because it challenges the players mentally as well as physically.

"Everyone knows golf is not just a matter of stepping up and hitting the ball," he said. "You have to think your way around and have a strategy. Hunter fits that mold of what coaches are looking for."

## Jake's Body Shop: Choosing a rewarding exercise program

**Jake Battle**  
DMWR Fitness Director

Think about the sports you play and the exercises you do. Think about the exercises your friends do, that you have seen done, or that you always wanted to try. Here are the questions to ask yourself in setting up a rewarding exercise program.

### Is it fun?

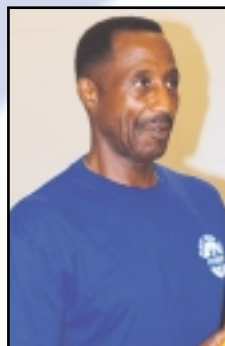
Will you really enjoy doing this activity? If you like to exercise alone, do not pick a team sport. If you do like to exer-

cise with people, choose activities that people do in groups, or clubs, or exercises that friends and family will do with you.

### Is it convenient?

Does the exercise require equipment? If it does, can you afford the equipment cost? If travelling is involved, do not underestimate the extra time and effort involved. Make exercise as convenient as possible.

Choose three exercises that are fun,



convenient and will help you reach your target heart rate for at least 20 minutes. These exercises are the foundation for you to build on.

### Fit your schedule?

How you fit exercise into your daily schedule can make or break your program. It is that important. The goal is to find times in your daily life where exercise can fit easily and become part of your everyday routine. That way, you make the

best possible use of the time, discipline, and work you are putting in. Exercise that does not fit your schedule is likely to take two to three times the amount of effort to fit in.

You can find times in your life when exercise will take a reasonable effort, not superhuman one.

Just be honest with yourself, and do not try to change your basic nature. Decide where exercise fits for you.

*This article is not intended for individual advice, which should be obtained from your healthcare professional.*

### Sign up for youth soccer, track and field

Registration for Child and Youth School Services track and field and spring soccer is underway and is open to all CYSS members living on or off-post, ages 7-14 (as of Dec. 31) for track and field, or 4-13 (as of April 1) for soccer. For more information, registration or to learn how to become a CYSS member, call 767-2312.

For more information on the track and field program, call 767-9270. For soccer

information, call 767-4371.

### Tominac pool reopens

Attention Soldiers, Family Members, Department of Defense Civilians and retirees, Hunter Army Airfield's indoor pool at Tominac Fitness Center, building 419, has reopened.

# Shamrock 5K Fun Run

## Hunter Army Airfield

### March 21

## Tominac Fitness Center

Check-in 7:30 - 8:30 a.m.

Race begins at 9 a.m.

**Pre-registration fees are \$15 for all military ID cardholders and \$20 for all others.**

**Race-day registration fees are \$20 for all military ID cardholders and \$25 for all others.**

**For registration information and details, call 315-2019.**

## 2009 Intramural Basketball

### HUNTER CONFERENCE

Date	Teams	Times
March 9	Co. A, 603rd Avn. vs. 473rd QM 24th Ord. vs. Co. F, 2/3rd Avn.	6:30 p.m. 7:30 p.m.
March 10	HHC, 3rd CAB vs. 3/160th SOAR HHC, 260th QM vs. Co. B, 169th	6:30 p.m. 7:30 p.m.

For more information, contact the Fort Stewart sports office at 767-8238 or the Hunter sports office at 315-4160.

## Rocky Conference Standings

Team	Won	Loss	Percentage
Co. A, 3rd SB	8	1	0.888
87th CSSB	7	1	0.875
2-3 BTB	7	2	0.777
90th HRC	5	3	0.625
984th Eng.	6	4	0.600
3rd Sig.	5	4	0.555
Co. B, 1/64 AR	4	4	0.500
HHB, 1/41 FA	3	6	0.333
554th Eng. (B)	3	6	0.333
HHC, 26th BSB	3	7	0.300

## Marne Conference Standings

Team	Won	Loss	Percentage
1/30 Inf.	10	0	1.000
Co. B, WTU	9	2	0.818
Co. A, 1/9 FA	9	2	0.818
Co. A, 1/41 FA	7	3	0.700
1/64 AR	7	4	0.636
MEDDAC	6	4	0.600
HHC, 2/7 Inf.	4	6	0.400
HHC, 1-3 BTB	4	7	0.363
Co. A, 26th BSB	3	7	0.300
Co. E, 3/69 AR	2	9	0.181
Troop B, 5/7 Cav.	2	9	0.181

## Hunter Conference Standings

Team	Won	Loss	Percentage
HHC, 260th QM	7	0	1.000
Co. B, 603rd Avn.	9	1	0.900
Co. A, 603rd Avn.	8	2	0.800
2/3 Avn.	6	2	0.750
1/3rd Avn.	6	5	0.550
USMC	5	5	0.500
473rd QM	4	5	0.440
Corps of Eng.	4	5	0.440
3/160th SOAR	4	6	0.400
Co. B, 169th	2	6	0.250
24th Ord. Co.	2	6	0.250
HHC, 3rd CAB	2	7	0.222